

Public Health Mono-Gram

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Every Year is an Influenza Pandemic for Children Can We Stop It?

Let's Give It Our Best Shot!

The unmistakable signs of autumn remind us that another flu season is almost upon us. Influenza is a serious disease leading to hospitalization and death for thousands of Americans each year. It is not just the elderly that suffer from complications. Very young children are hospitalized from the flu at rates similar to other groups at high risk for influenza-related complications. About half of all hospitalizations from seasonal flu, and about a third of the deaths occur in children with no underlying medical conditions. In addition, children and adults – all of us – can give the flu to those who are at highest risk:

- the very young
- children with neurologic conditions
- those over 65 years of age
- adults with underlying medical conditions such as asthma, diabetes, and chronic lung disease
- pregnant women

Flu seasons are unpredictable in a number of ways. Although epidemics of flu happen every year, the timing, severity, and length of the epidemic depends on many factors, including what flu viruses are spreading, whether they match the viruses in the vaccine, and how many people get the vaccine.

The time to get vaccinated is now. Influenza seasons can begin as early as October, peaking in January or February, and lasting into May. It takes about two weeks after vaccination for antibodies to develop and begin to provide protection against the flu. A flu vaccine is needed every year because flu viruses are constantly changing, and your protection wears off over time. Options include shots and nasal spray, and can be discussed with your provider. There is plenty of vaccine available this year.

The following page lists the community flu clinics being held by the Mono County Health Department throughout Mono County. In addition, most pharmacies and health care providers also have flu vaccine available.

GET VACCINATED! Protect yourself, your family, co-workers, neighbors, and community from one of the two events sure to happen this winter (snow – and the flu). Neither Howard (weatherman) nor I know when, or how much of either will occur!

Community Flu Clinics 2012 – 2013

MONO COUNTY HEALTH DEPARTMENT

<u>Date</u>	<u>Location</u>	<u>Day/Time</u>
9.18.12	Walker Senior Center	Tuesday 1:00 – 3:00 PM
9.19.12	Bridgeport Health Department	Wednesday 1:00-3:30 PM
9.24.12	June Lake Community Center	Monday 5:00 – 6:30 PM
9.26.12	Lee Vining Community Center	Wednesday 5:00 – 6:30 PM
10.2.12	Paradise Fire Station	Tuesday 4:30-5:45 PM
10.2.12	Swall Meadows Fire Station	Tuesday 6:15 – 7:15 PM
10.4.12	Mammoth Lakes Elem. School	Thursday 4:00 – 7:00 PM
10.10.12	Chalfant Community Center	Wednesday 5:00 – 6:00 PM
10.10.12	Benton Community Center	Wednesday 6:30 – 7:30 PM
10.15.12	Crowley Lake Community Center	Monday 4:00 – 7:00 PM

Flu vaccine is now recommended for <u>everyone</u> over the age of six months.

FluMist nasal spray is available for healthy, non-pregnant 2-49 year olds.

The pneumococcal vaccine is also available. Free with Medicare Part B card; otherwise \$71.00

Cost for Flu vaccine:

\$10 for adults (19 yrs and older)

\$2 for children (6mo -18 yrs)

Medicare Part B free with card

Additional Clinics:

10.11.12 Mammoth Health Department Thursday 1:30-4:30 PM, by appt

10.22.12 Mammoth Health Department Monday 8:30-11:00 AM, by appt

11.06.12 Mammoth Health Department Tuesday 4:30-6:30 PM, drop-in

Children may also receive flu vaccine at school clinics to be held this fall.

Check for information in your child's school newsletter.